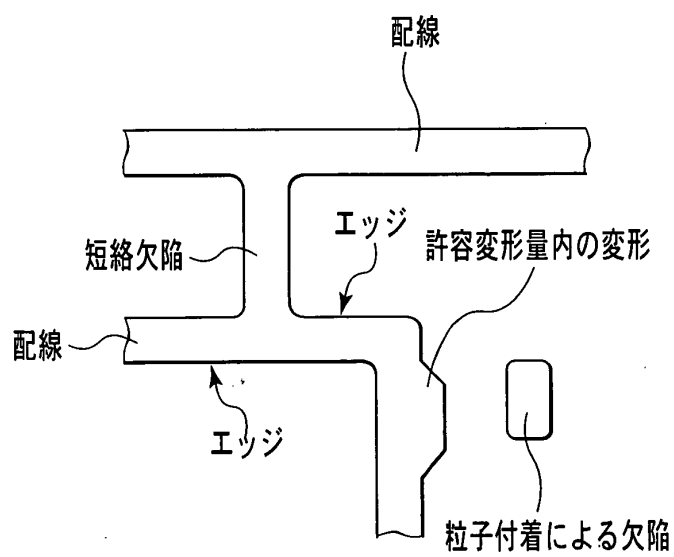


FIG.2



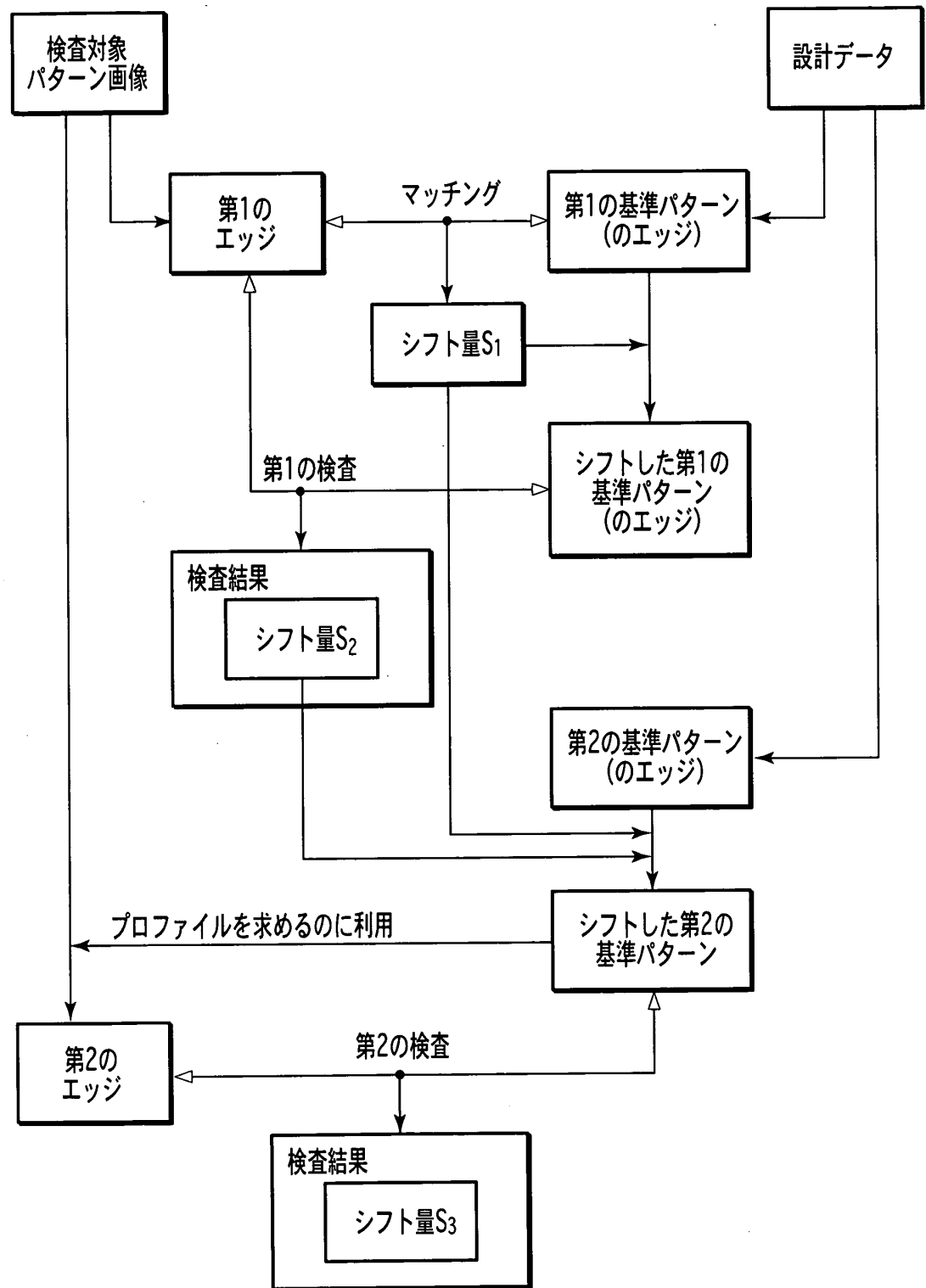


FIG.3

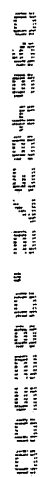


FIG. 4



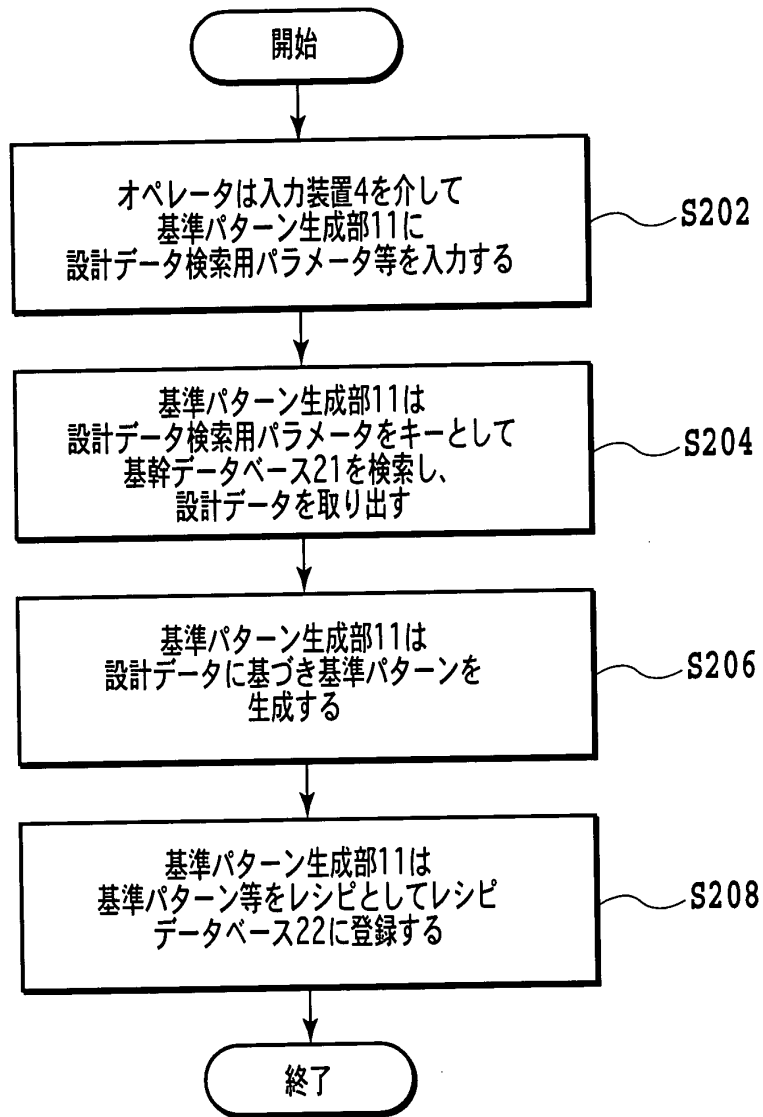


FIG.6

005200" 27E94960

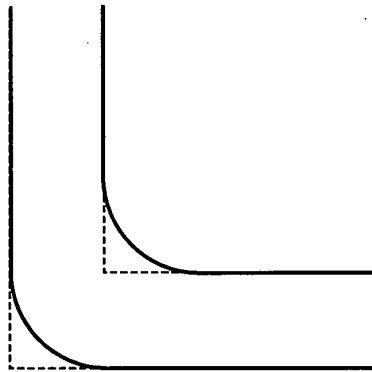


FIG.7

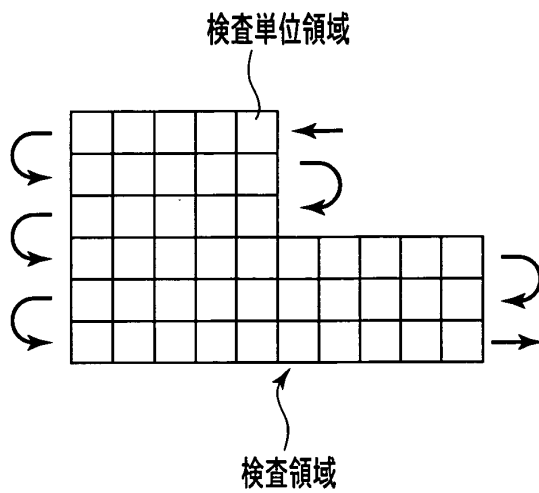


FIG.8

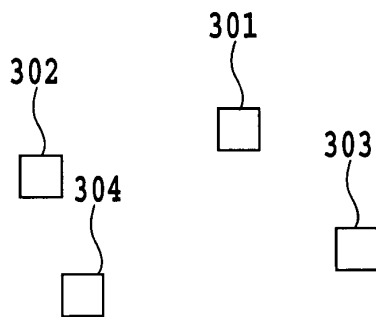


FIG.9

FIG. 11

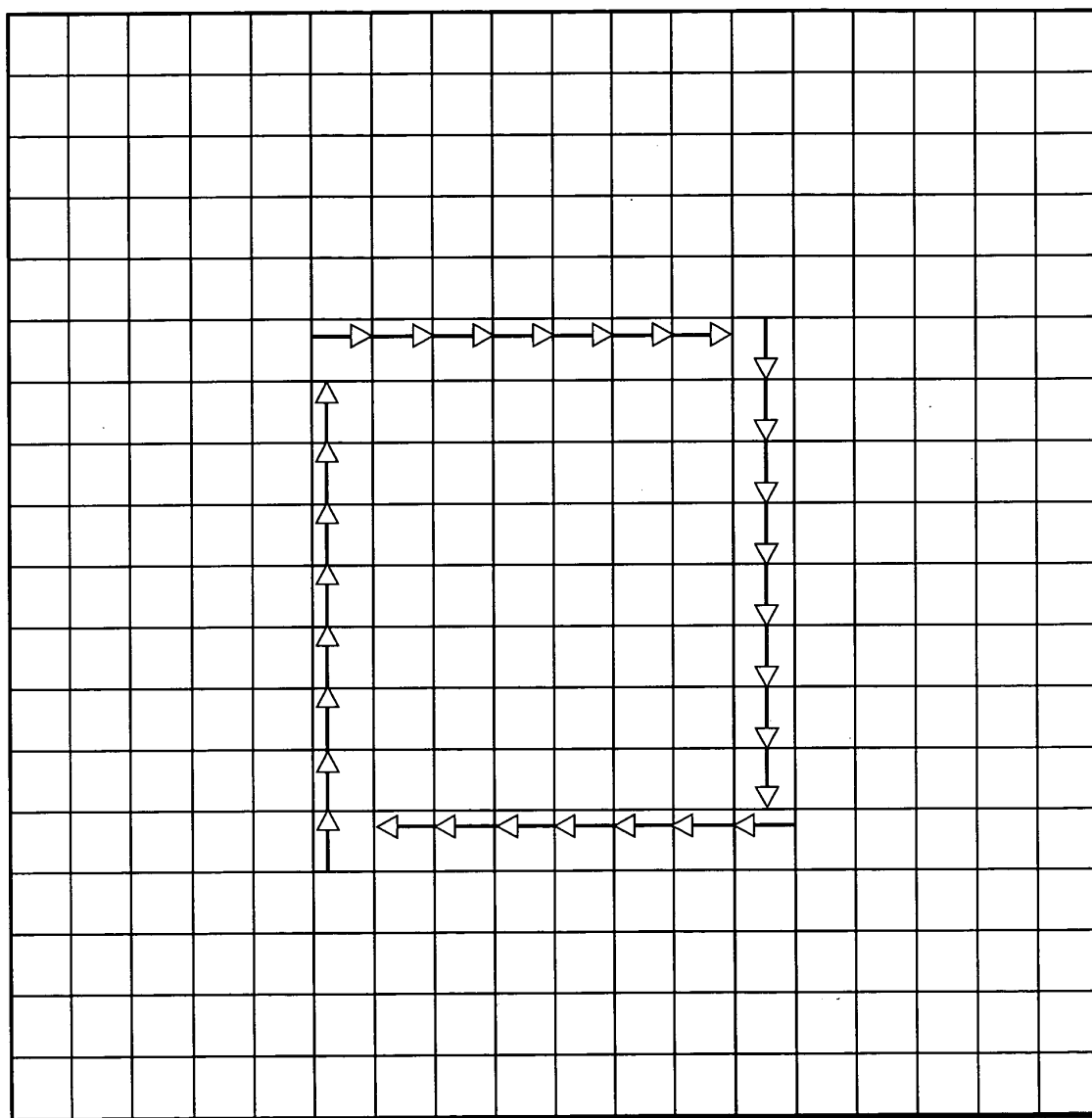


FIG.11

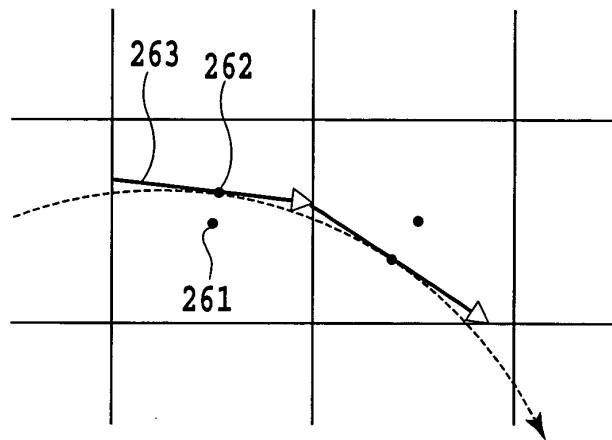


FIG.12

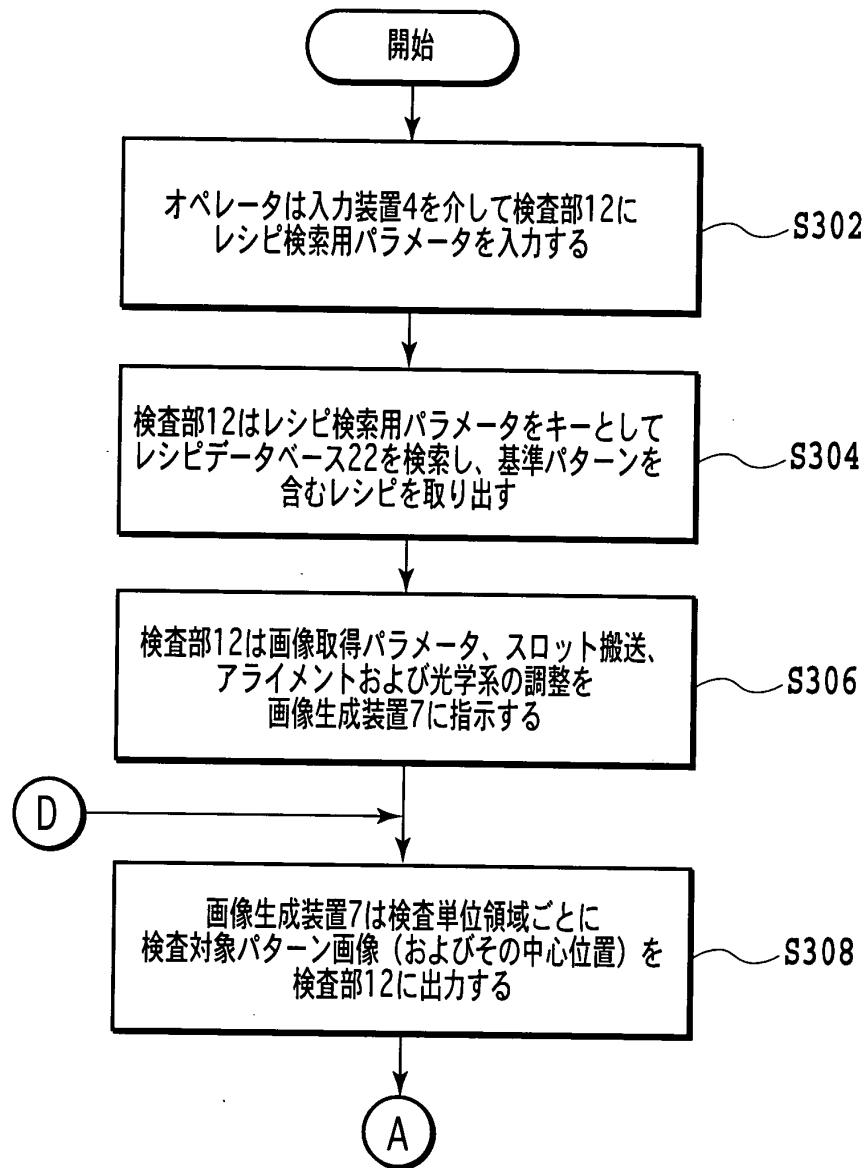


FIG.13A

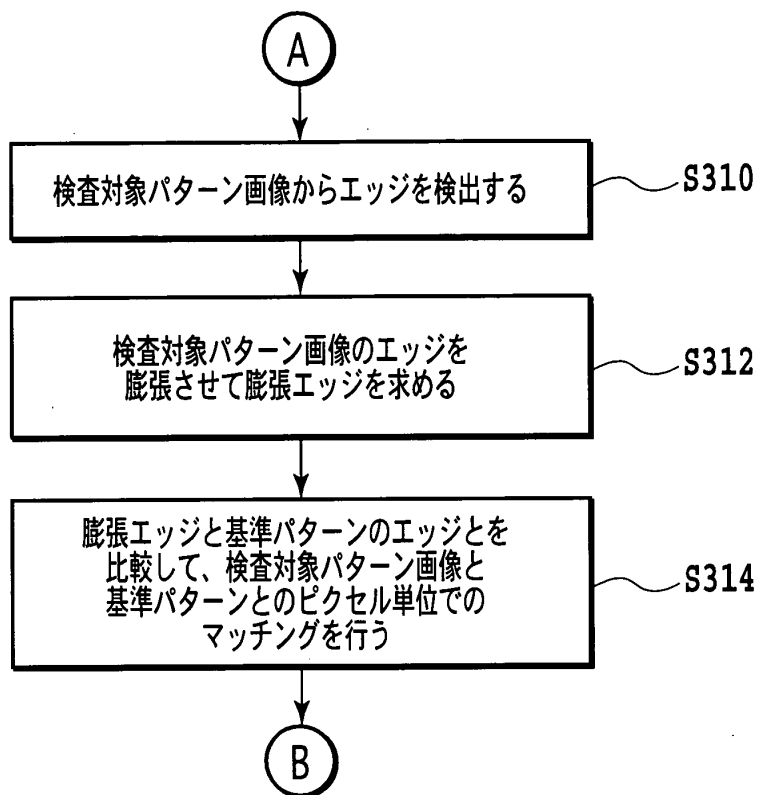


FIG.13B



FIG.13D

00000000

0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0
0	0	0	0	0	0	0	0
80	60	40	20	0	0	0	0
100	100	100	80	60	40	20	0
100	100	100	100	100	100	80	60
100	100	100	100	100	100	100	100
100	100	100	100	100	100	100	100

FIG.14



FIG.15

0	0	0	0	0	0	0	0
15	0	0	0	0	0	0	0
85	55	45	15	0	0	0	0
85	100	100	85	55	40	20	0
15	45	55	85	100	100	60	50
0	0	0	15	45	60	90	100
0	0	0	0	0	0	30	50
0	0	0	0	0	0	0	0

FIG.16

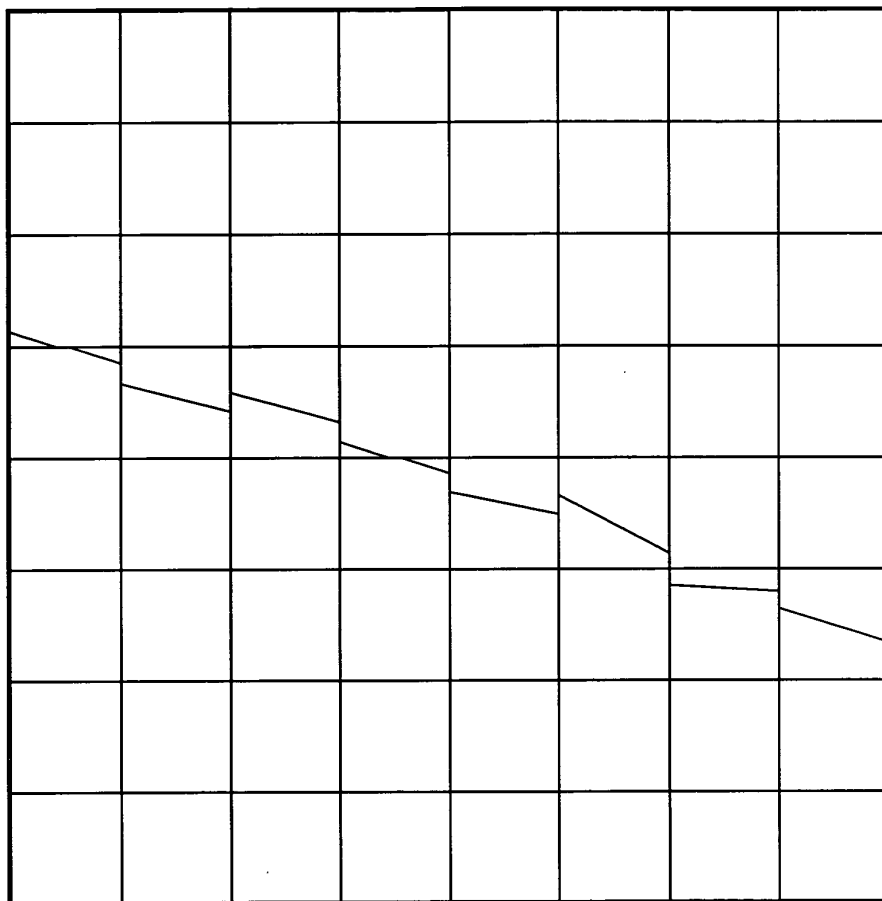


FIG.17



19/49

0	0	0	20	0	0	0	0	0	0	20	0	0	0	0
---	---	---	----	---	---	---	---	---	---	----	---	---	---	---

FIG.18

0	20	20	20	20	20	0	0	20	20	20	20	20	0	0
---	----	----	----	----	----	---	---	----	----	----	----	----	---	---

FIG.19

0	0	0	1	0	0	0	0	0	0	1	0	0	0	0
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---

FIG.20

FIG. 19/49

0	10	15	20	15	10	0	0	10	15	20	15	10	0	0
---	----	----	----	----	----	---	---	----	----	----	----	----	---	---

FIG.21

[illegible]

FIG.22

0	10	18	20	18	10	0	0	10	18	20	18	10	0	0
---	----	----	----	----	----	---	---	----	----	----	----	----	---	---

FIG.23

0.5	0.9	1.0	0.9	0.5
-----	-----	-----	-----	-----

FIG.24

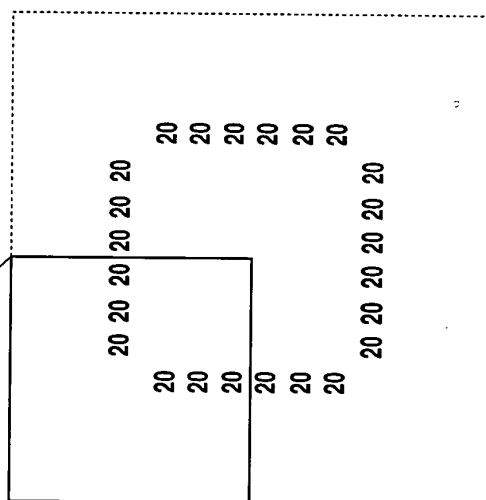
[illegible]

FIG. 25

FIG. 26

Abstract—The purpose of this study was to determine the effect of a 10-week training program on the heart rate (HR) and heart rate reserve (HRR) of sedentary middle-aged men. The subjects were 15 men, 40 to 50 years of age, who had been sedentary for at least 1 year. They were randomly assigned to a 10-week training program or a control group. The training program consisted of 30 minutes of aerobic exercise, 3 times per week, at 70% of the maximum HR. The control group did not exercise. The HR and HRR were measured at rest and during a maximal exercise test at baseline and at the end of the 10-week period. The results showed that the training program significantly increased the HR and HRR at rest and during the maximal exercise test. The control group showed no significant changes. The results suggest that a 10-week training program can improve the cardiovascular fitness of sedentary middle-aged men.

FIG. 27

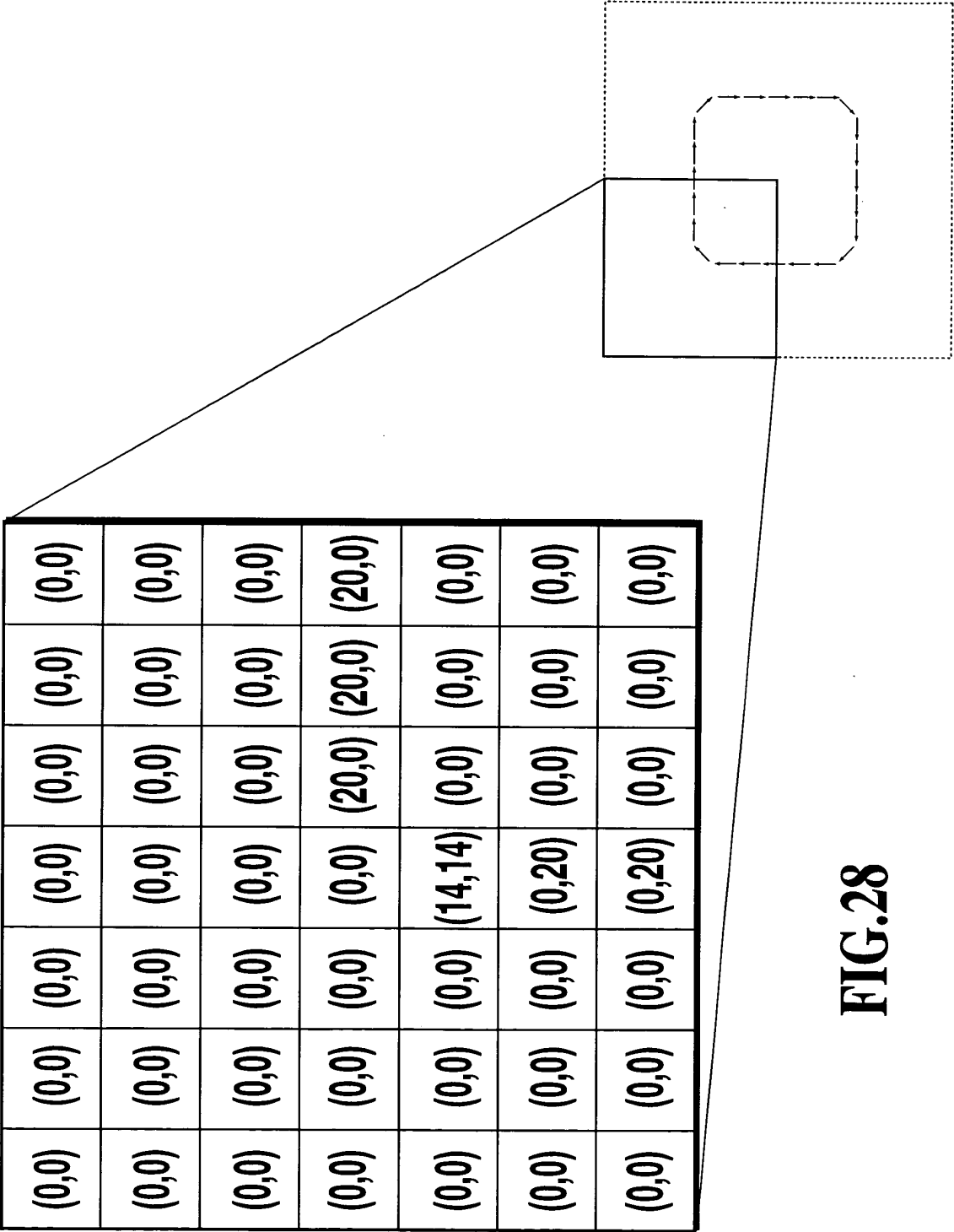


FIG.28

[illegible]

(0,0)	(0,0)	(0,0)	(0,0)	(0,0)	(0,0)	(0,0)
(0,0)	(0,0)	(20,0)	(20,0)	(20,0)	(20,0)	(20,0)
(0,0)	(14,14)	(20,14)	(20,14)	(20,14)	(20,14)	(20,0)
(0,0)	(14,20)	(20,20)	(20,20)	(20,20)	(20,20)	(20,0)
(0,0)	(14,20)	(20,20)	(20,20)	(20,20)	(20,20)	(20,0)
(0,0)	(14,20)	(20,20)	(20,20)	(20,20)	(20,20)	(20,0)
(0,0)	(14,20)	(14,20)	(14,20)	(14,20)	(14,20)	(0,0)

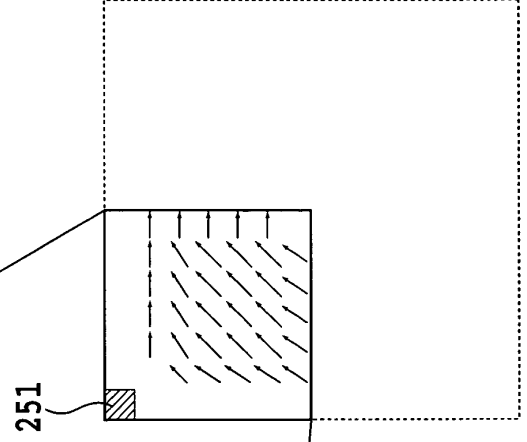


FIG. 29

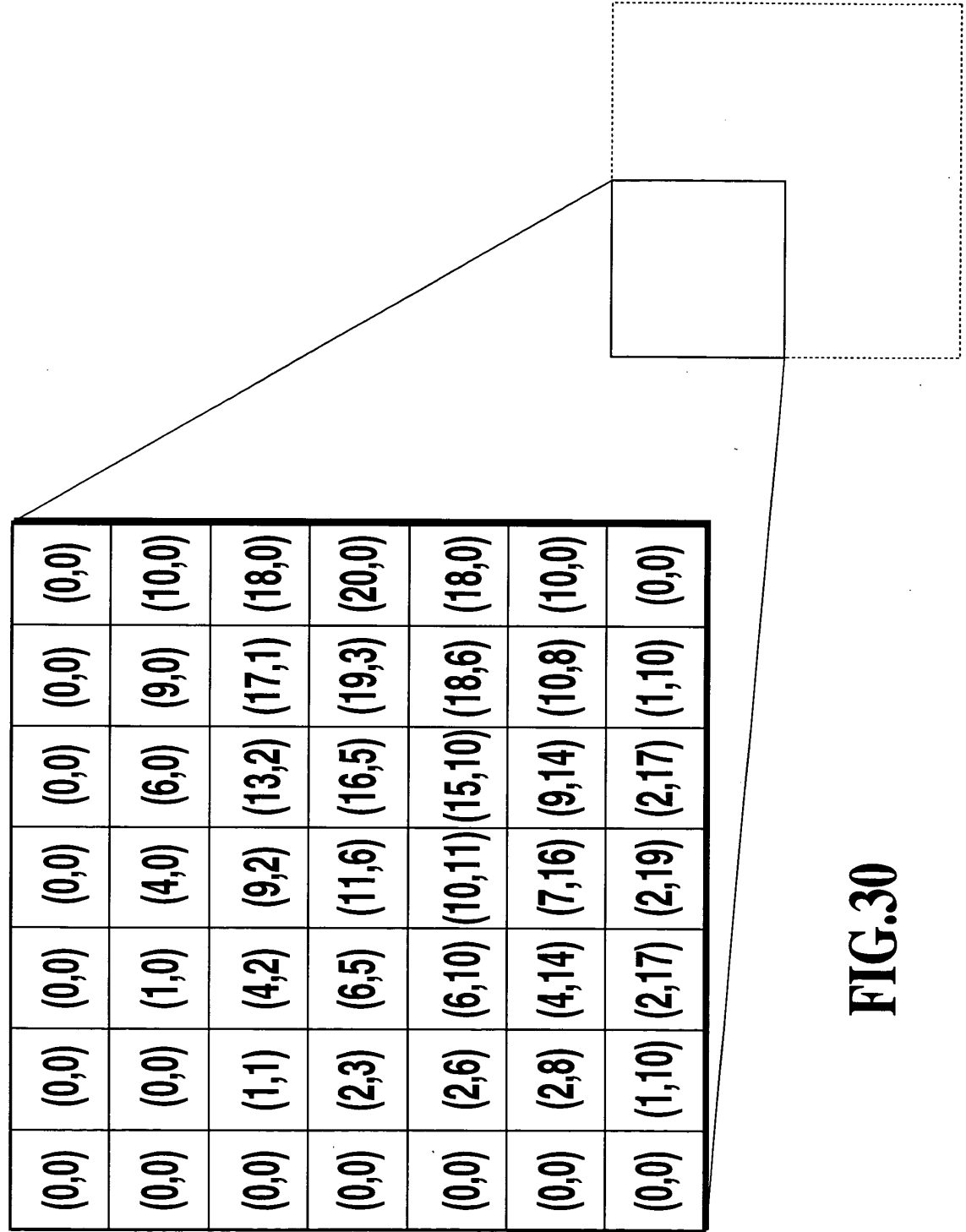


FIG.30



I

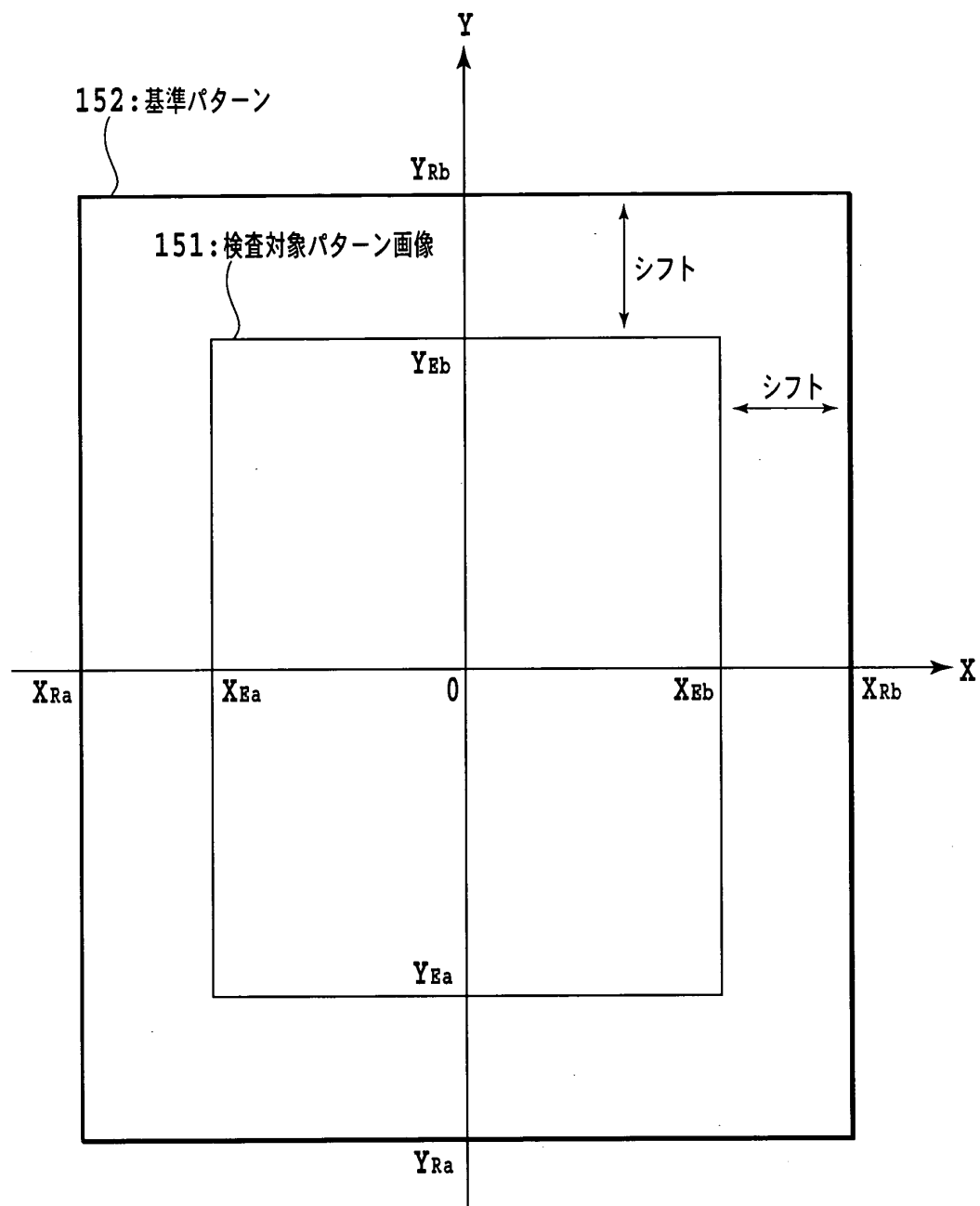


FIG.32

FIG. 33

254

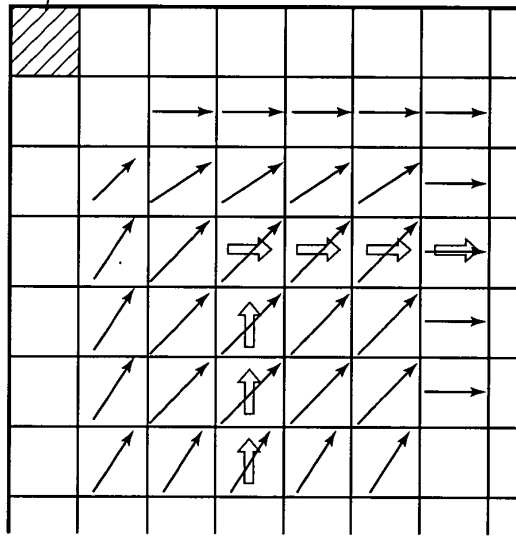


FIG.33

255

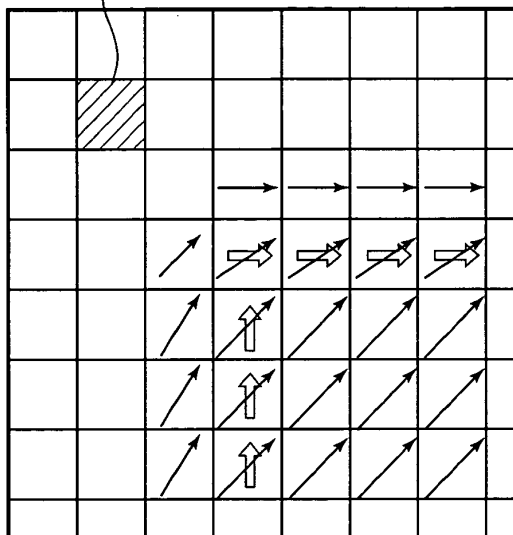


FIG.34

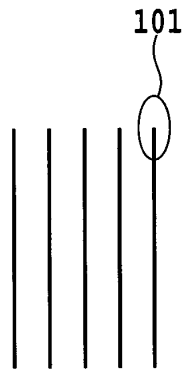


FIG.35A

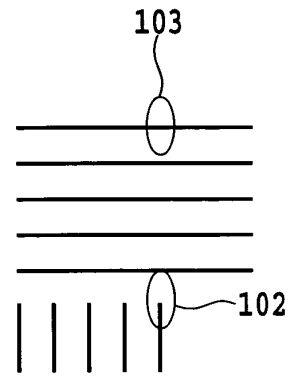


FIG.35B

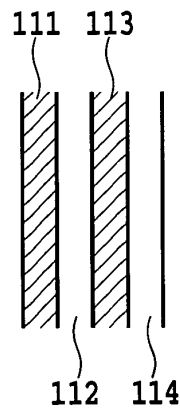


FIG.36



32/49

09:48:37.08500
00:29:27.08500

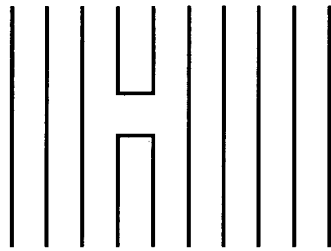


FIG.37A

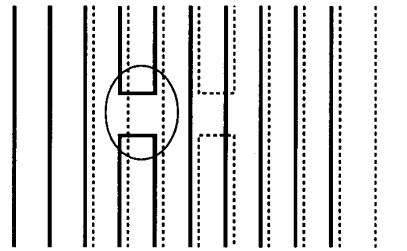


FIG.37B

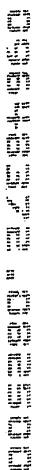


FIG.38

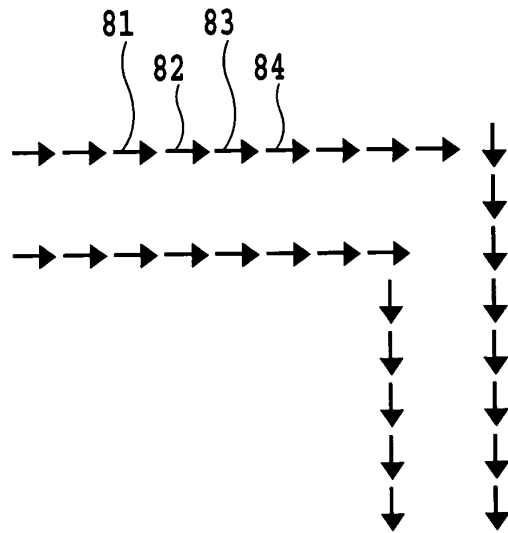


FIG.39A

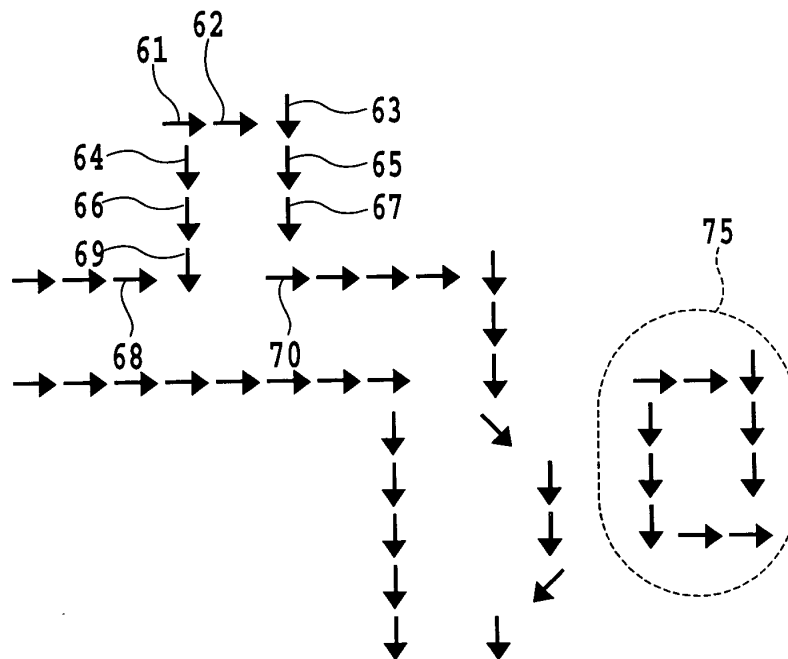
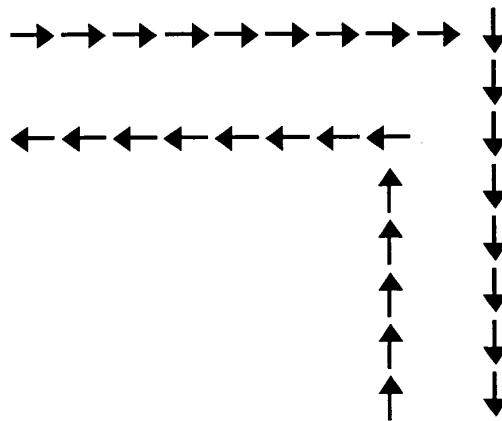


FIG.39B

[illegible]

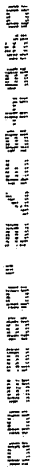


FIG.41

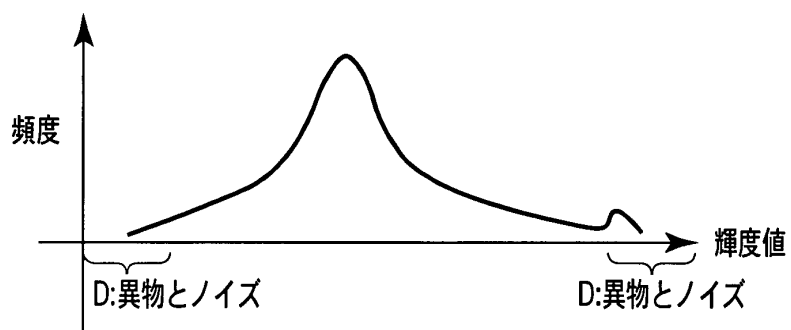


FIG.42

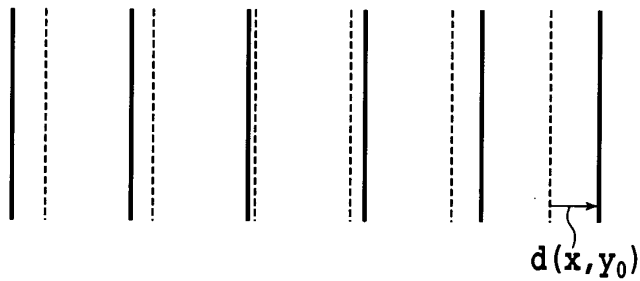


FIG.43A

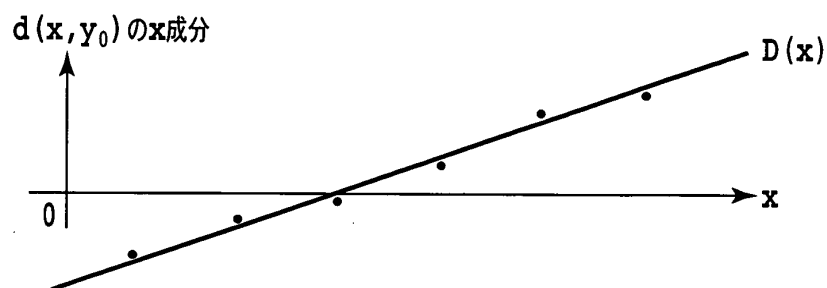


FIG.43B

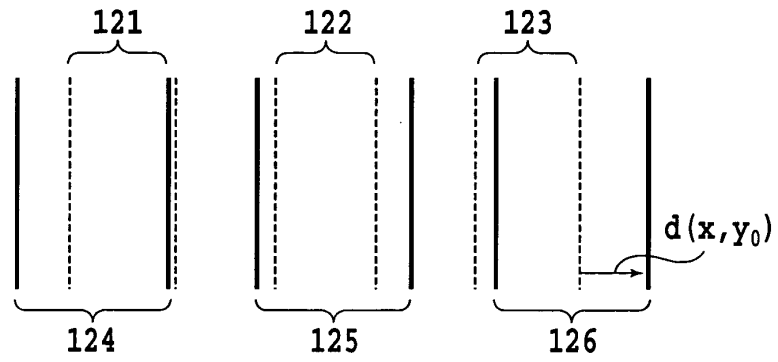


FIG.44A

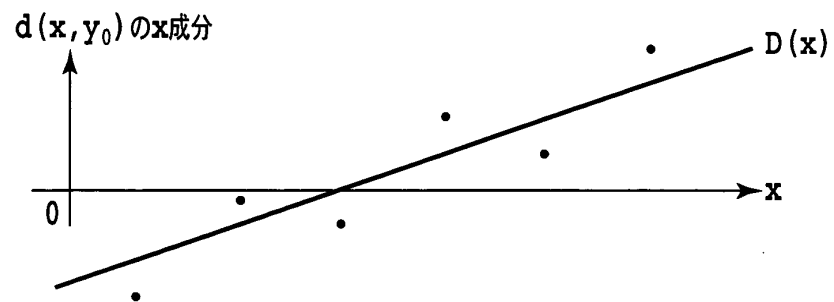


FIG.44B

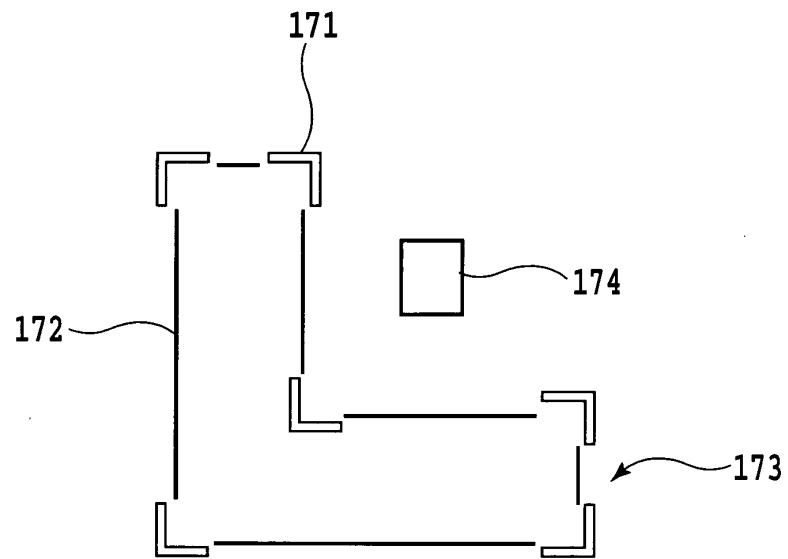


FIG.45

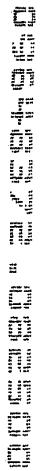


FIG.46A



FIG.46B

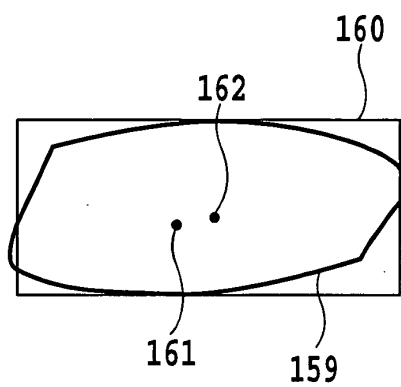


FIG.47

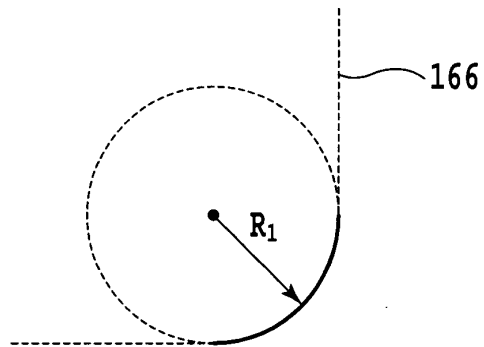


FIG. 48A

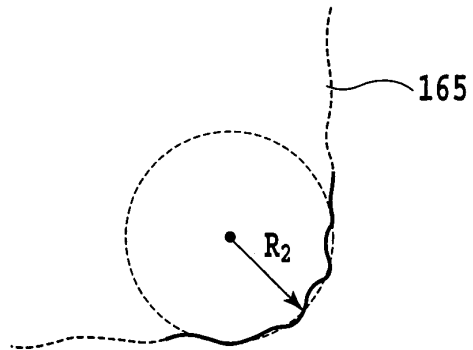


FIG. 48B

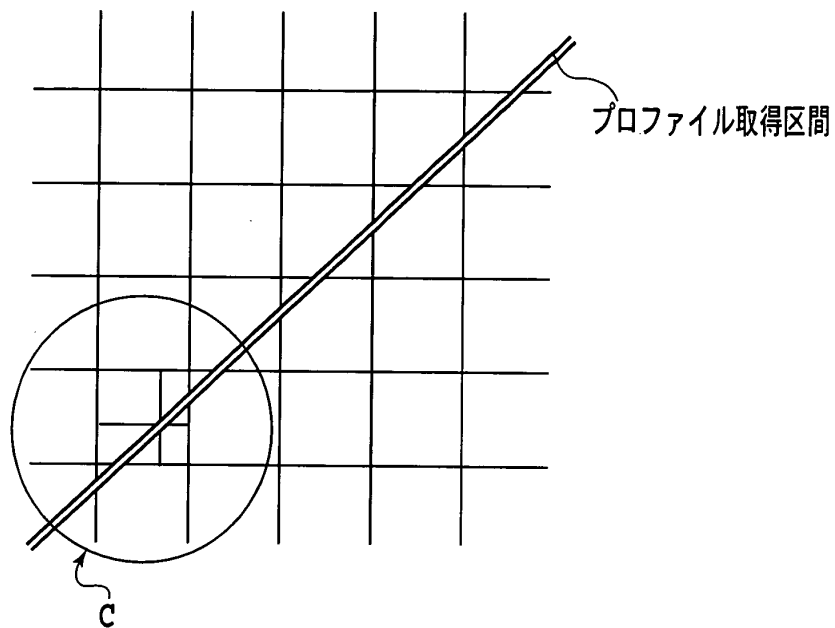


FIG.51

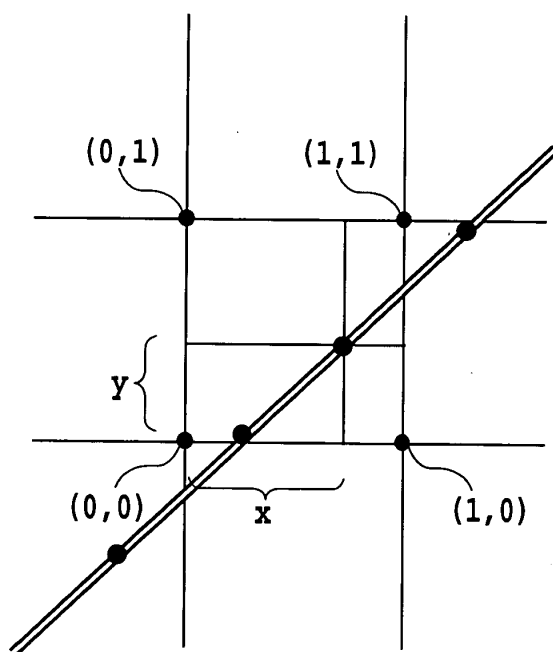


FIG.52

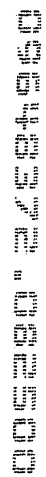


FIG. 53

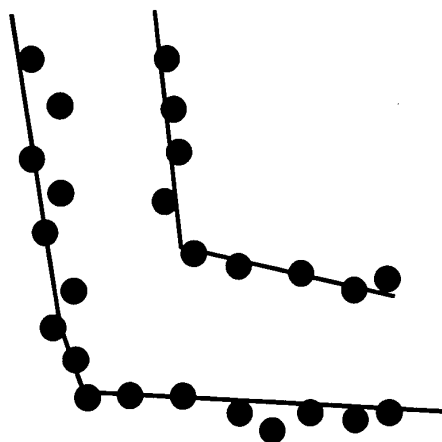


FIG.54A

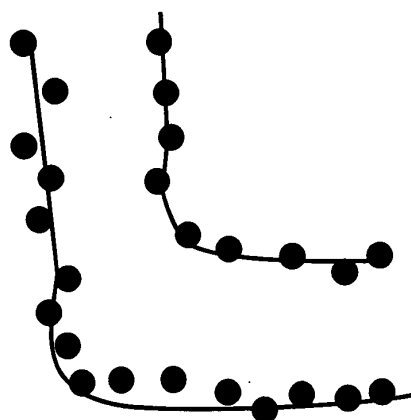


FIG.54B

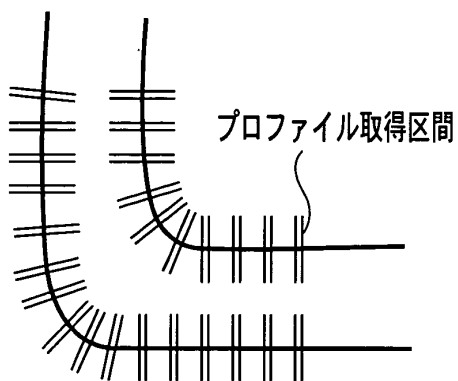


FIG.55A

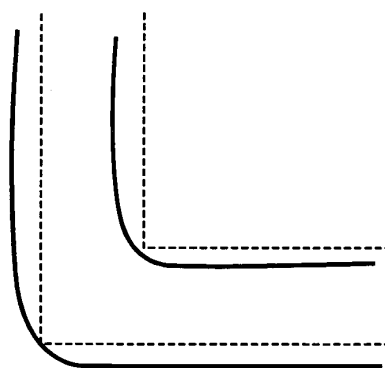


FIG.55B

005280 2/624950

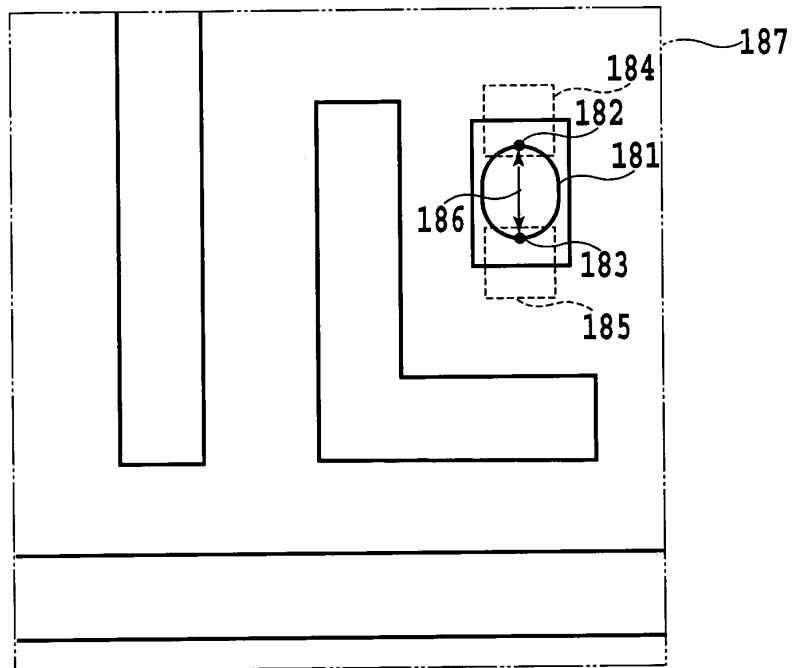


FIG.56